

# MABON

September 21-23



## MABON & THE WHEEL OF THE YEAR

Mabon is celebrated during the Autumn Equinox, between September 21st - 23rd. It is the last sabbat holiday in the Wheel of the Year.

## A TIME FOR GRATITUDE

Modern Mabon celebrations are a time to give thanks for the abundance of Mother Earth - both literally and spiritually. It's also a good time to reflect on the Wheel of the Year, recognizing your successes and letting go of the things that did not serve you during the past twelve months.

## MABON INTENTIONS

As the Wheel of the year comes to an end, Mabon is a good time to set intentions that involve decrease and reduction such as ending bad relationships, unhealthy habits or self destructive beliefs.

## SEPTEMBER IS THE HARVEST MOON



MABON IS THE  
SEASON OF APPLE  
MAGIC & FALLING  
LEAVES,  
CRISP AIR &  
BRIGHT BLUE SKIES

## AUTUMN BEGINS

Mabon marks the official start of Autumn, when day and night are equal in length.

